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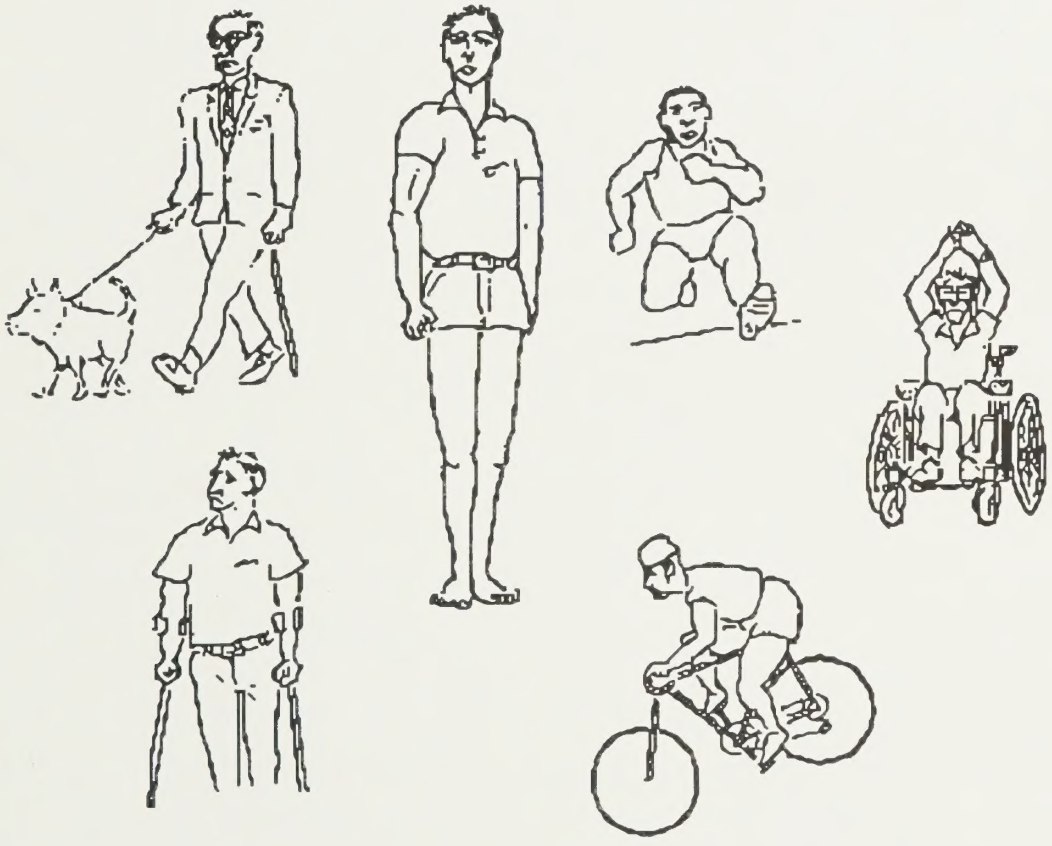
Being Sexual: An Illustrated Series On Sexuality and Relationships

A MAN'S BODY

By David Hingsburger and Susan Ludwig



Translated into Blissymbols by Claudia Wood

Illustrated by James F. Whittingham

BEING SEXUAL: AN ILLUSTRATED SERIES ON SEXUALITY AND RELATIONSHIPS

This 17-book series provides important sexuality education for young adults and adults. The clear, straightforward text and engaging illustrations are particularly helpful for people with developmental disability, problems with literacy, learning or communication, or anyone who uses Blissymbols. The content, philosophy and ideas expressed are those of the authors. Books were reviewed by SIECCAN Board members who are professionally involved in sex education, counselling and therapy and by consumers, parents and educators.

Blissymbolics Communication International (BCI) co-ordinated Blissymbol translation of major portions of each book in the Being Sexual series using approximately 150 recently-developed symbols for sexuality. Claudia Wood translated all books except for volume 4 on Adolescence which was translated by Ruth Harrington and Jinny Storr.

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The series is co-authored by **Dave Hingsburger**, an author and lecturer who has extensive experience as a counsellor and therapist for people with developmental disabilities, and **Susan Ludwig**, a nurse-educator with the Sexual Health Team, York Region Public Health who specializes in sexuality education for people with developmental disabilities. The authors acknowledge the assistance and support of York Region Public Health during the writing phase of the project, the imaginative input of **Claudia Wood**, and the special contribution of **James F. Whittingham** who created over 1200 drawings to illustrate the series.

The first printing of Being Sexual was made possible by funding from:

Blissymbolics Communication International,
Sir Joseph Flavelle Foundation,
Learnxs Foundation,
George Lunan Foundation,
Claudia Wood, and
Health Services and Promotion Branch, Health and Welfare Canada,
through the AIDS Information and Education Contribution Program.

Published by SIECCAN, the Sex Information and Education Council of Canada, 850 Coxwell Avenue, East York, Ontario, Canada M4C 5R1 (416-466-5304; 416-778-0785 FAX). © SIECCAN 1993

Canadian Cataloguing in Publication Data

Main entry under title:
Being Sexual: an illustrated series on sexuality and relationships

Translated into Blissymbols by Claudia Wood, Ruth Harrington and Ginny Storr.
Partial contents: v. 3. A man's body.
ISBN 1-895866-00-6 (set)
ISBN 1-895866-03-0 (v. 3)

1. Sex I. Wood, Claudia, 1947- . II. Sieccan

HQ21.B44 1993 306.7 C93-093380-X

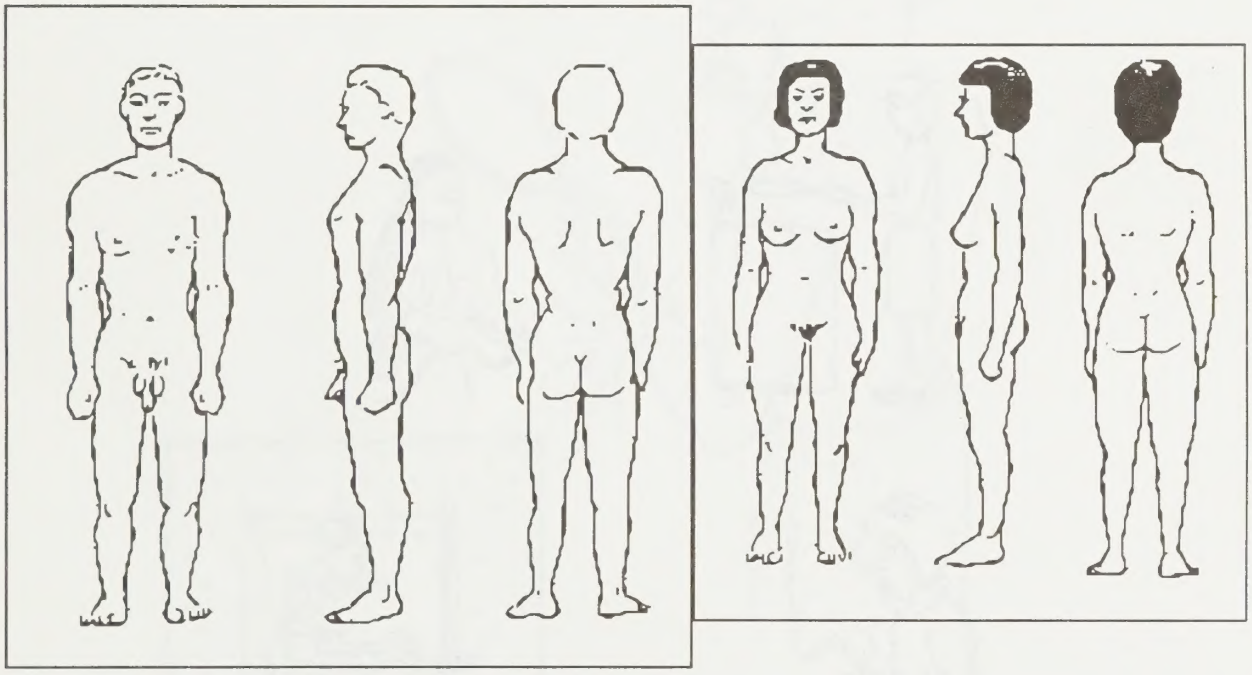
A MAN'S BODY

Gender

(male or female)

This is a book about being a **man** and having a **male body**. The way a **man's body** works is different from the way a **woman's body** works. These differences are because of their **gender** which means being **male** or **female**.

(A) man's body is different (from a) woman's body.



Choices

(combination of eye *and*
to divide [half-sized] *and* many + plural indicator)

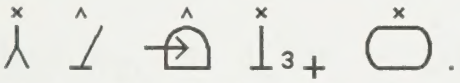
Men and **women** sometimes have different roles in society. These roles are part of the culture in which **people** live. Many **people** are working to make the world a place where both **men** and **women** have the same **choices**. They believe that having different bodies does not make one **person** better than another.

Men and women need to have (the) same choices in life.

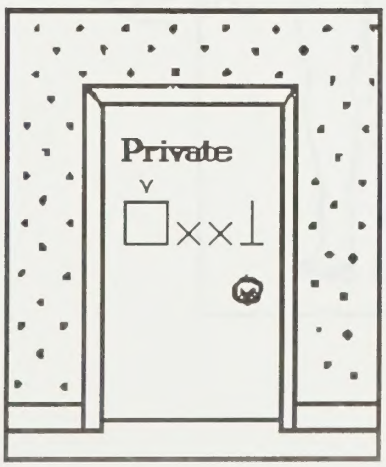
Sexuality

(feeling + gender)

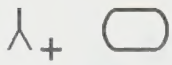
It is **important** for **people** to understand how their **bodies** work. When a **man** understands his **body**, he can **feel** comfortable with it. This is **important** because a man's feeling about being **male** is basic to understanding his **sexuality**.



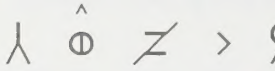
Men need to understand their bodies.



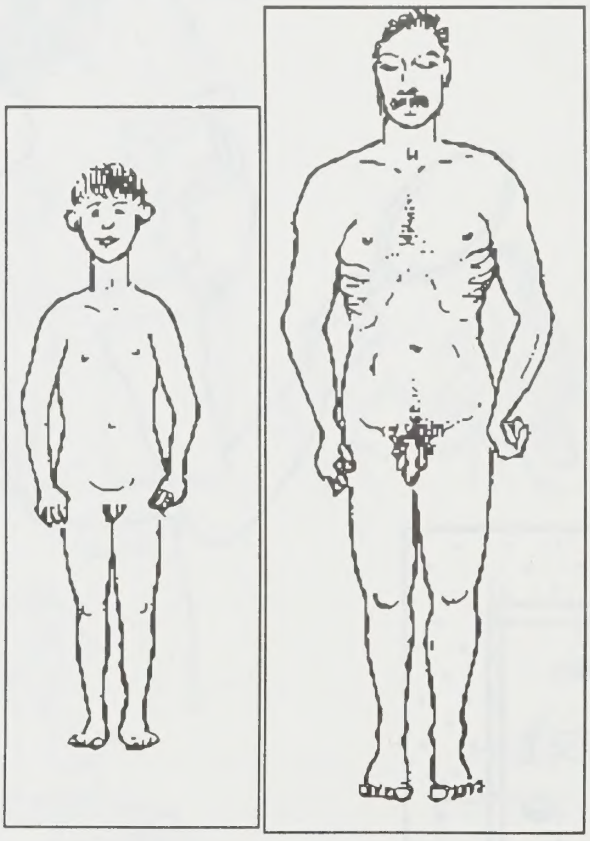
(A) Man's Body



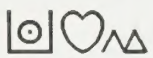
This is a picture of a young **boy** and a **man**. They are both **male** in **gender,** but you can see that they are different. There are a number of ways that you can tell a **man** from a **boy**. A **man** is taller and stronger. He has developed **body** hair and unless he wants a beard, he has to shave to keep the hair off his face. The final difference is that his **male genitals** are now fully developed.



(A) man is different from (a) boy.

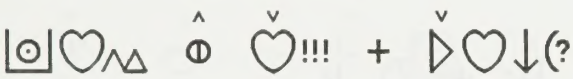


Puberty



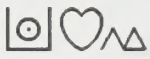
(awake + sexuality)

The time when the **body** changes from child to adult is called **puberty**. **Puberty** is the time when the mind and **body** are awakening **sexually**. Both **men** and **women** go through these changes. **Sexual** changes are both exciting and **scary**.



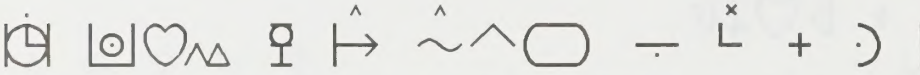
Puberty is exciting and scary .

Puberty



(awake + sexuality)

During **puberty** hair grows on the **body**. When hair appears under the **arms**, and around the **genitals**, some **body** changes are happening that can't easily be seen. One of these is that a teenager will now **perspire** or **sweat** in these places.

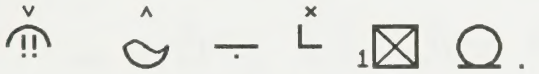


During puberty (a) teenager begins to perspire under (the) arms and around (the) genitals.

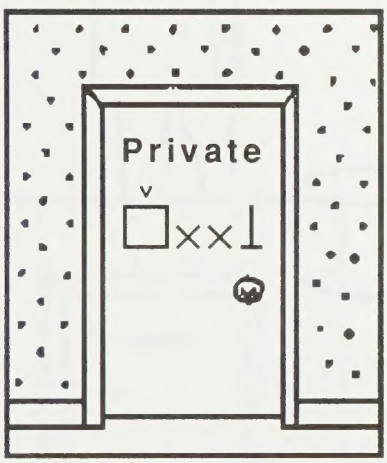
Washing

(container + water + action indicator)

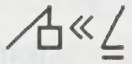
For some **men** this **perspiration** has a strong smell. In order to be sure that this smell (**body odour**) doesn't bother others, it is **important** to keep the **underarms** and **genitals** clean by **washing** every day with soap and warm water.



Important - wash under (the) arms every day.

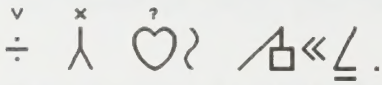


Deodorant

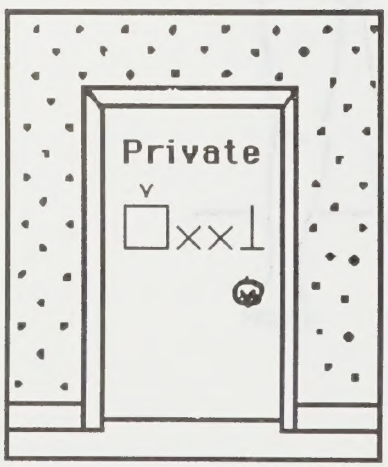


(chemical product + against + smell)

Men who have a strong odour may want to use a **deodorant** soap. A **man** may also choose to wear a **deodorant** every day. The **deodorant** will prevent odour.



Some men may want deodorant.



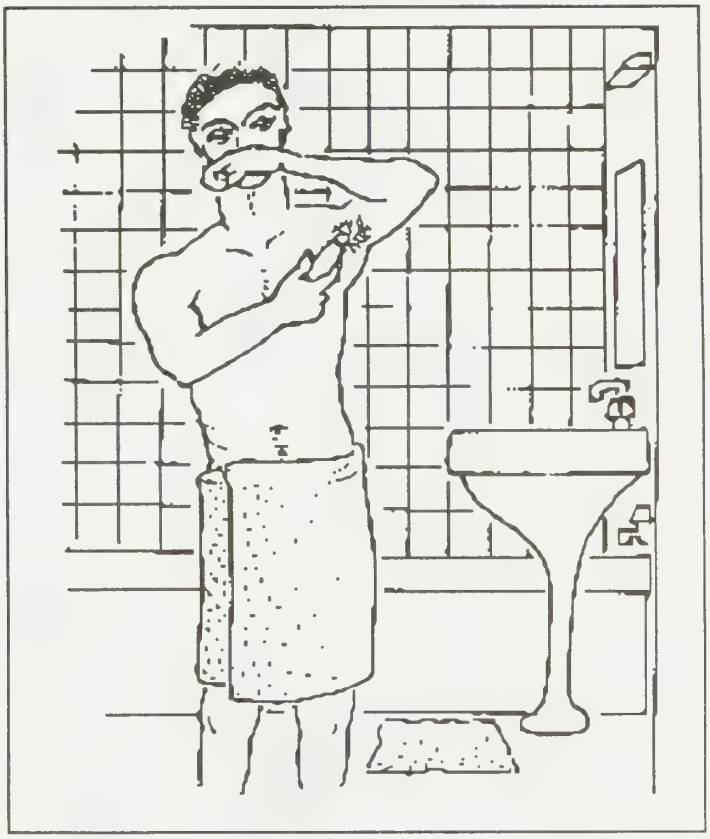
(To) Put On

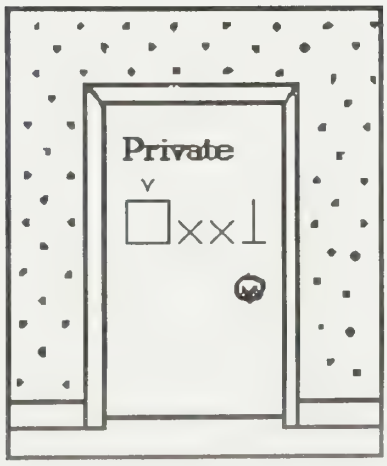
^

(place + action indicator)

If he chooses to wear **deodorant**, he will put it on under each **arm** after **washing** and drying. The best place to apply **deodorant** is in the bathroom or bedroom.

Important - put on deodorant in (the) bathroom or bedroom after washing.





Man

(combination of person *and* male)

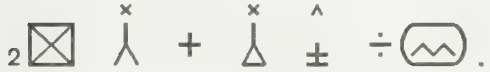
Men are called **male adults.** The next part of the book will talk about the different parts of a **man's body** and how they work.

These men enjoy being male.

Nipples

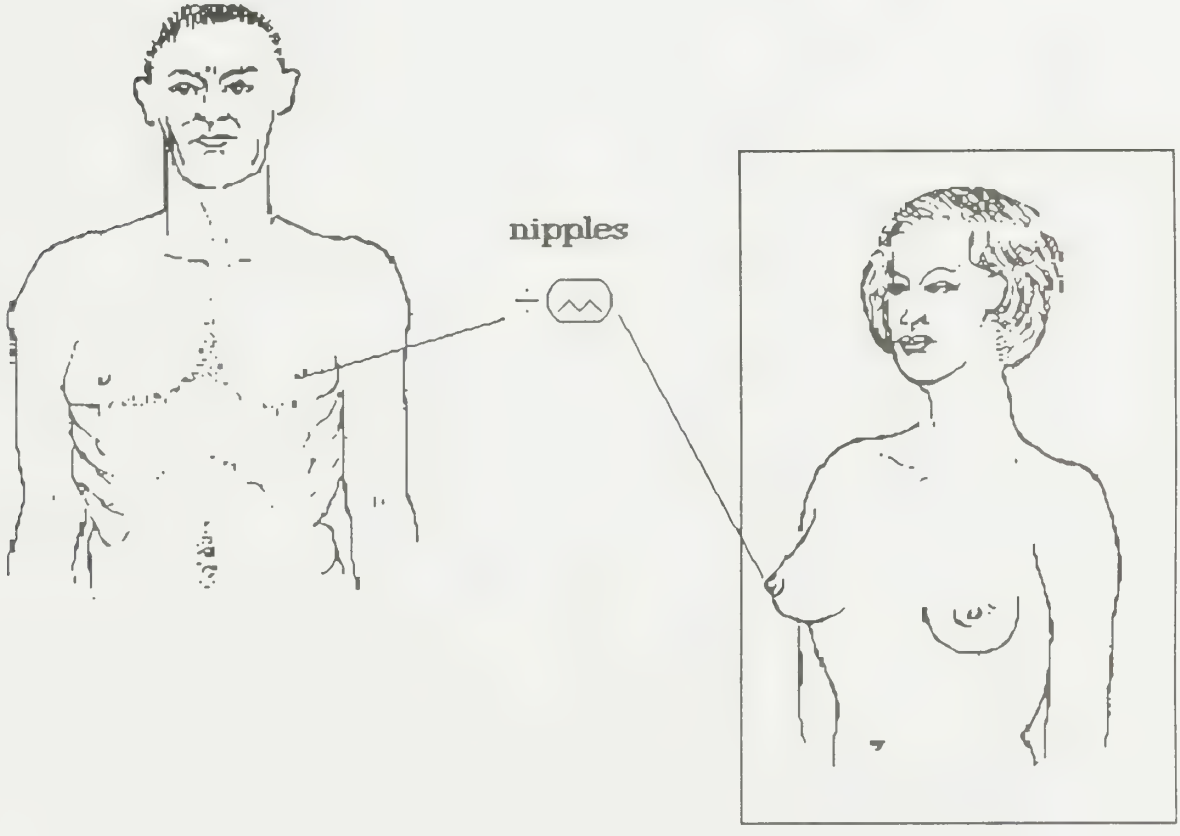
(part of + breasts)

This is a **man's nipple**. Both **men** and **women** have **nipples**. **Men's nipples** are different because they are smaller and **men** do not usually have **breast** development.



Both men and women have nipples.

Men's nipples are smaller.

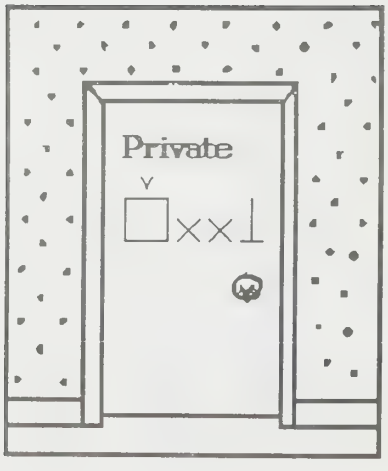


Sexual Pleasure

(pleasure + sexual)

Some **men's nipples** are sensitive. Other **men's nipples** do not have much feeling. The **nipple** reacts to heat and cold and sometimes stands up. When a **man touches** his **nipples** he may **feel** a warm pleasurable feeling. This is a **private** act.

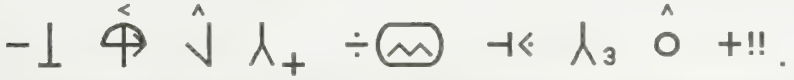
(A) man may feel sexual pleasure touching his nipples.



Touching

(hand + action indicator)

Even though **nipples** can be seen in **public**, **touching** them is **private** and no one may **touch** a **man's nipples** unless he agrees.



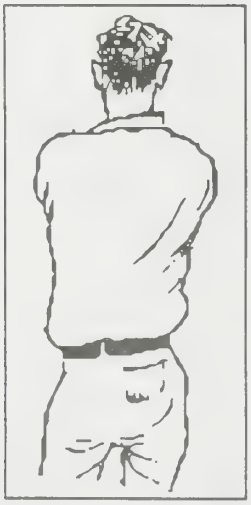
No one is permitted to touch (a) man's nipples unless he says yes.

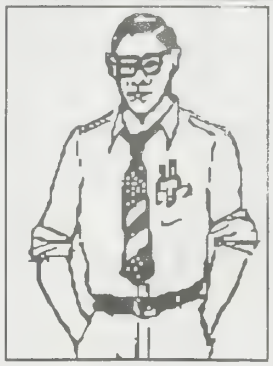
Shirt

(clothing + chest)

It is OK for **men** not to wear a **shirt**, but only in certain places at certain times. At the beach in the summer or at home, **men** may choose to not wear their **shirts**, but usually at other times it is best to wear one.

Men usually wear shirts.

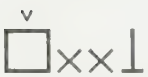




Genitals (Male)

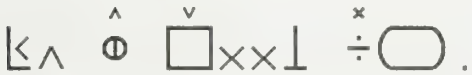
(side view of person + pointer, to genitals + male)

Private

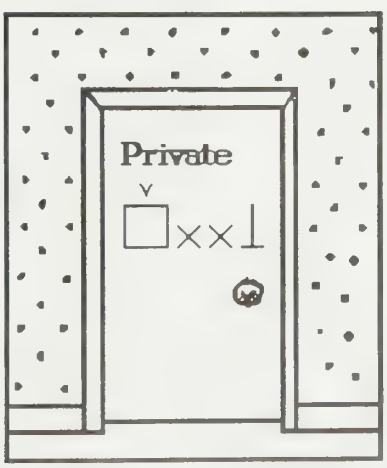


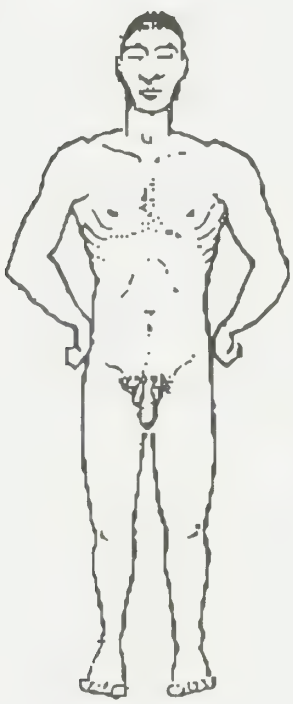
(to close + public + description indicator)

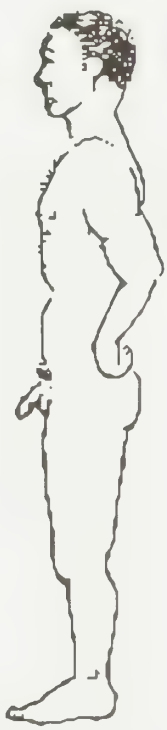
All men have **genitals**. **Male genitals** are sometimes called **private parts,** because **men** keep them covered unless they are in a **private** place.



Male genitals are private body parts.





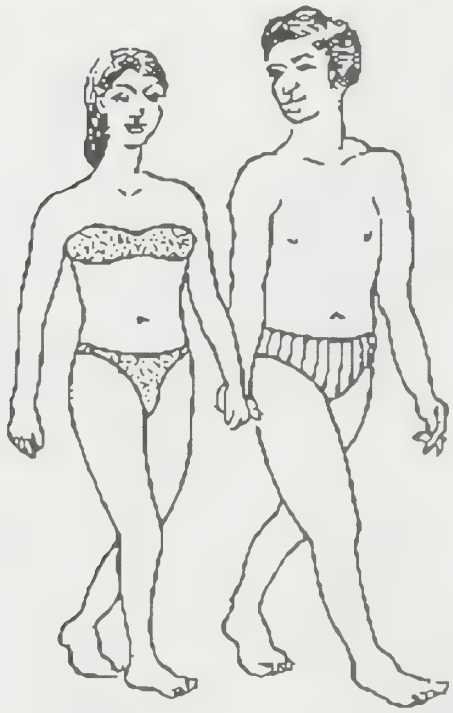


Special

(feeling + important + description indicator)

They are not **private** because they are dirty or bad. These parts are special; **people** do not show their **genitals** in **public** places.

Genitals are not bad. Genitals are special and private.

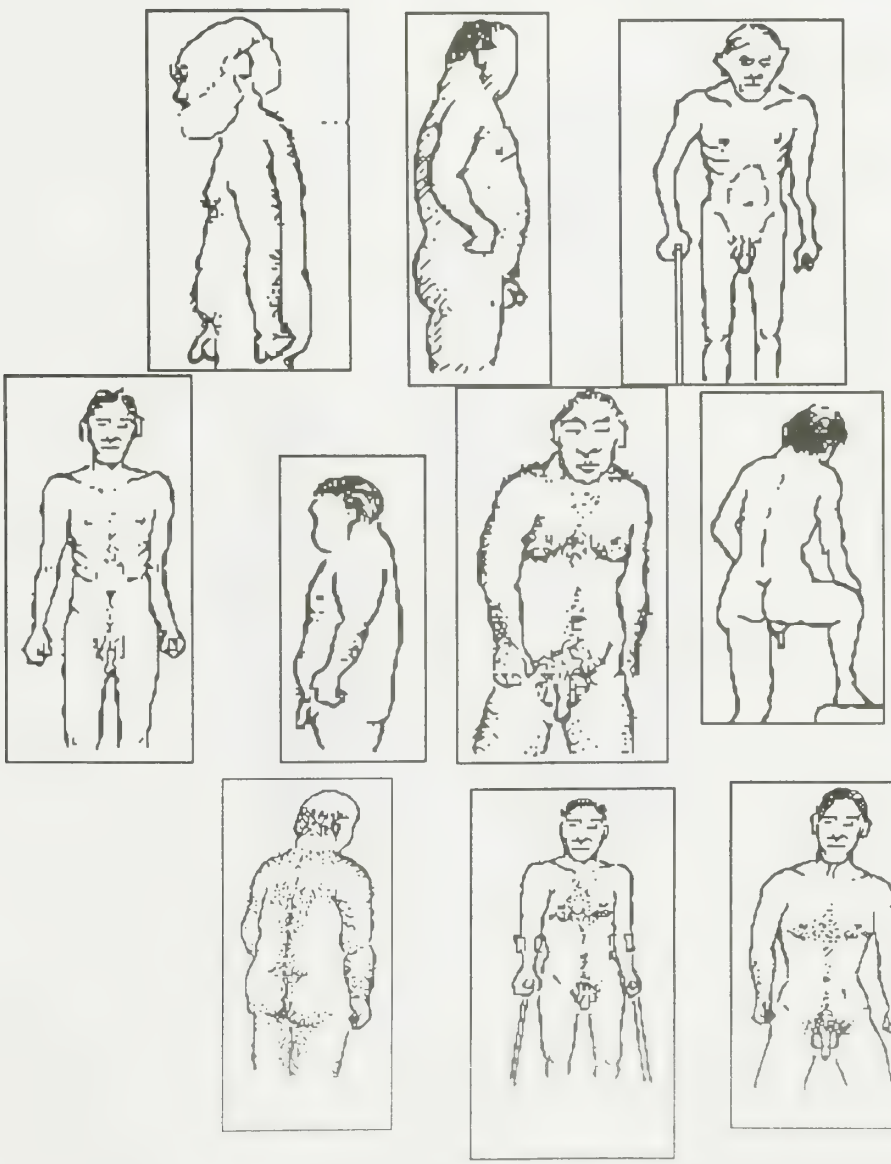


Genitals

(standing person + pointer, to genitals)

All **men** have the same **genitals**. Height, weight or the colour of skin do not matter, all **men** have the same **body parts**.

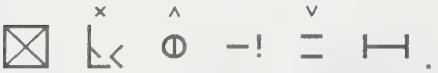
All men have (the) same genitals. All men have (the) same body parts.



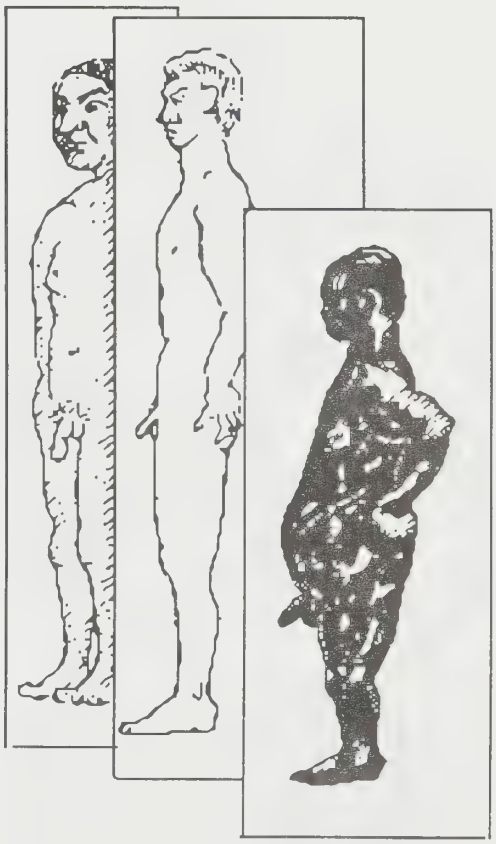
Length

(horizontal line bounded by two reference lines [half-sized])

This does not mean that there are no differences in the size of the **genitals**. These differences are normal. For example all **penises** are not the same **length**.



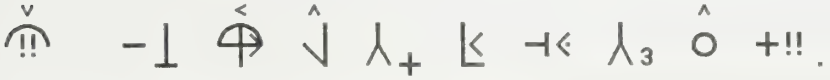
All penises are not (the) same length.



Touching

(hand + action indicator)

There are **important** rules about a man's **genitals**. No one may **touch** them unless he agrees.



Important - no one is allowed to touch (a) man's genitals unless he says yes.

Touching

(hand + action indicator)

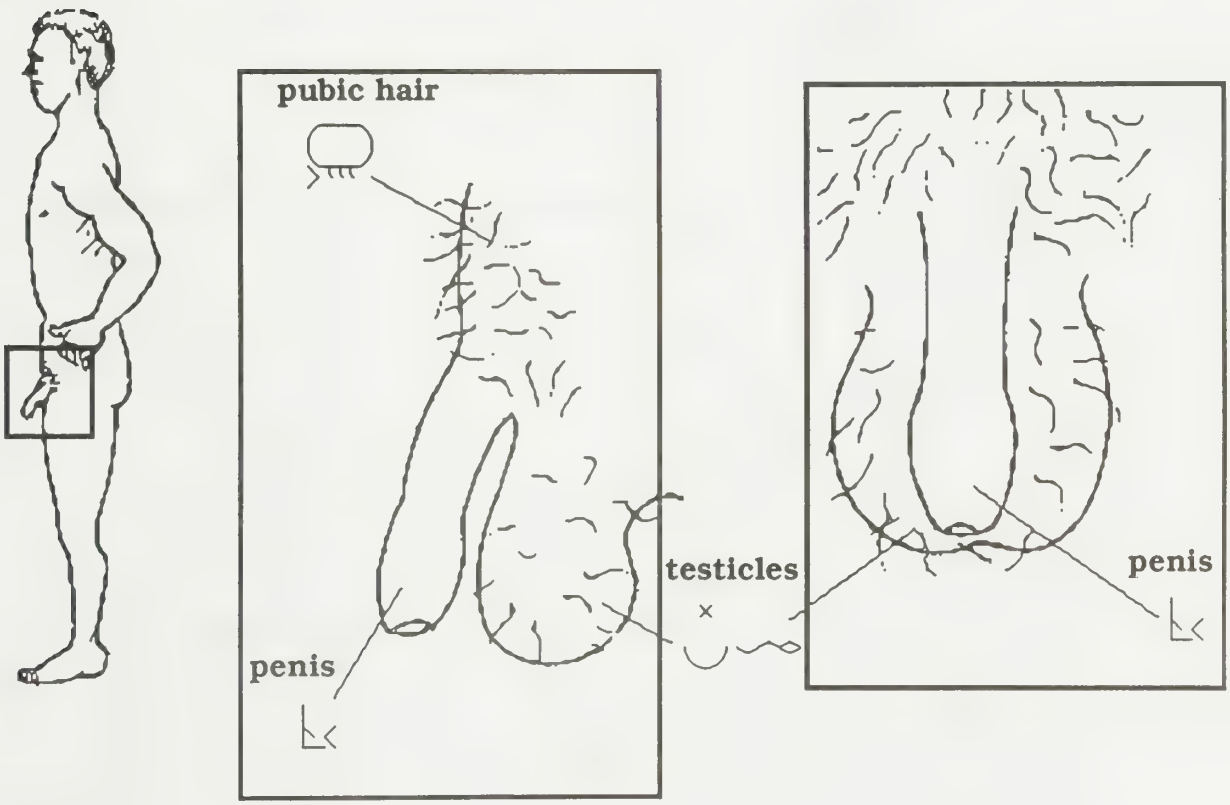
He should not be forced to **touch** anyone else's **genitals** either.

Important - he must not be forced to touch anyone's genitals.

Genitals (Male)

(standing person + pointer,
to genitals + male)

This is what a man's **private parts** look like close up. The **pubic hair** covers the area around the **genitals**. The **male genitals** are the **penis** and the **testicles**. The **penis** hangs in front of the **testicles**.

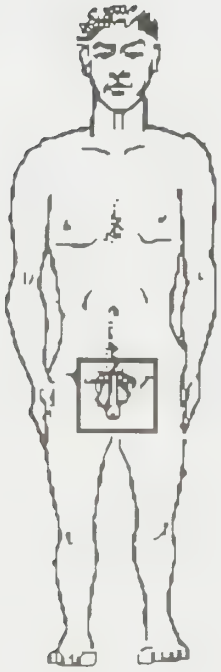


Penis

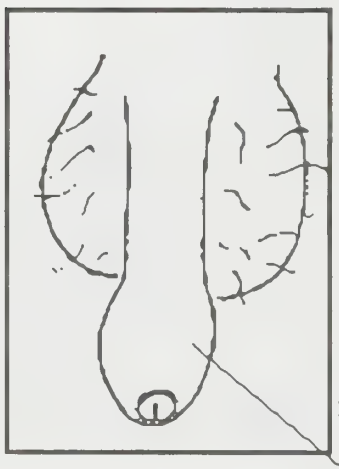
(standing person + pictograph of penis + pointer)

There are two ways a **penis** can look. A **penis** with a **foreskin** is **uncircumcised**. A **penis** with a **foreskin removed** is **circumcised**. The **penis** looks different but works the same way.

All penises work (the) same (way).

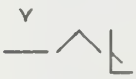


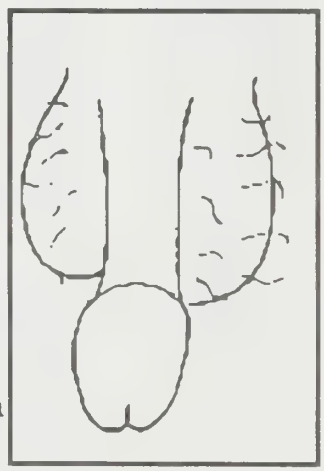
uncircumcised



foreskin

circumcised



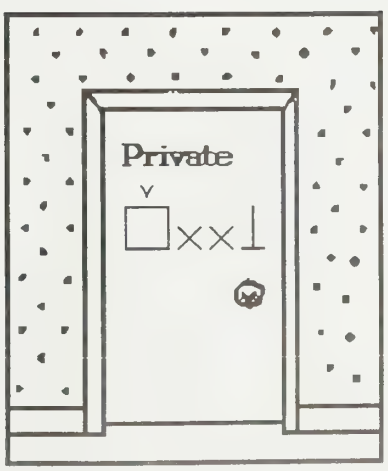


Washing

(container + water + action indicator)

Washing the **genital** area every day is very **important**. Because the hair may grow thickly around the **penis** and **testicles**, a **man** must be very careful to **wash** and dry his **genitals** thoroughly. Not only will this keep the odour away, it will make him **feel** clean and fresh!

Important - wash (the) genitals each day!



Washing

(container + water + action indicator)

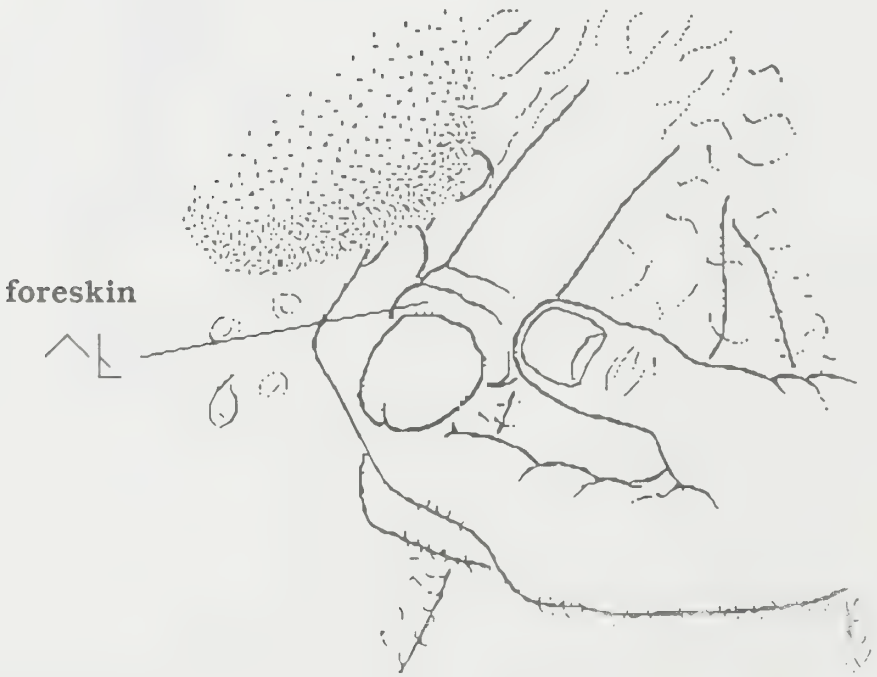
Foreskin

(protection + penis)

This **man** has an **uncircumcised penis**. He is **washing** his **penis** by pulling back the **foreskin** to **wash** underneath it. It is **important** that he be gentle and clean the area with a washcloth and not rub hard against the skin. **Washing** carefully is **important** both to keep the **penis** healthy and to make sure that there is no odour.

Important - wash under (the) foreskin.

Important - wash (the) penis gently and carefully!



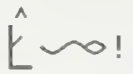
(To) Urinate

(urine + action indicator)

Sexual Pleasure

(pleasure + sexual)

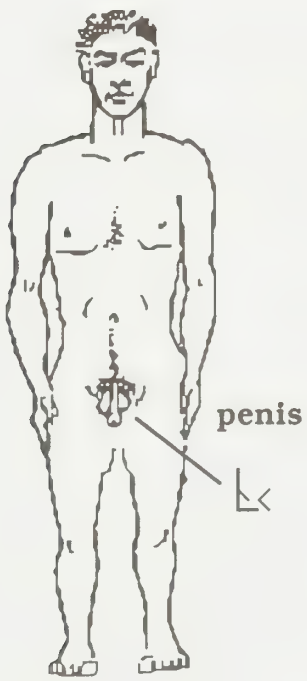
(To) Ejaculate



(erect penis + sperm + intensity + action indicator)

Body parts are more than just things to be kept clean. They have a purpose. The **male penis** has three purposes, to **urinate**, to give and to receive **sexual pleasure** and to **ejaculate**.

(The) penis has three purposes, to urinate, to give and to receive sexual pleasure and to ejaculate.



Flaccid

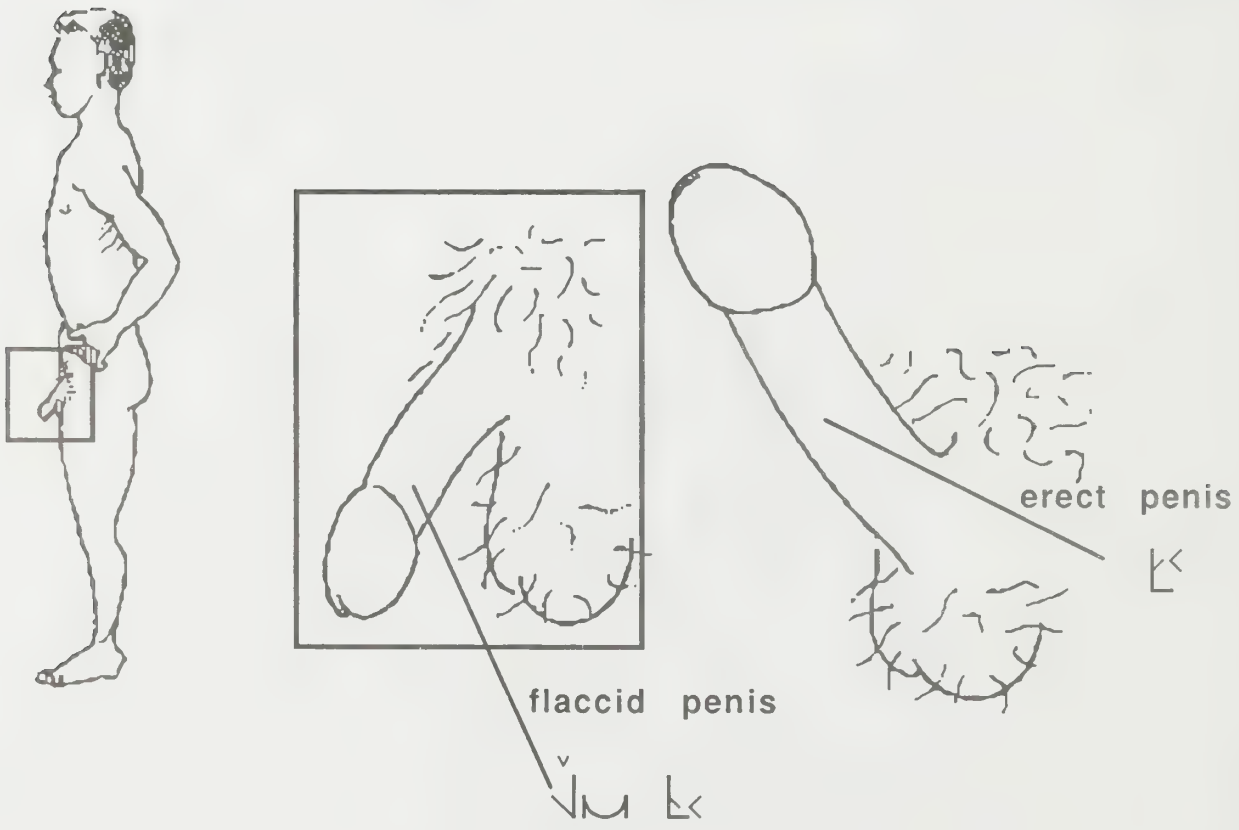
(to touch + pictograph of impression + description indicator)

Erect

(erect penis + description indicator)

A **penis** can be **flaccid** or **erect**.

(A) penis can be flaccid or erect.

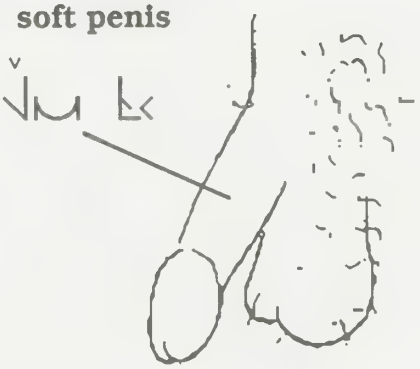


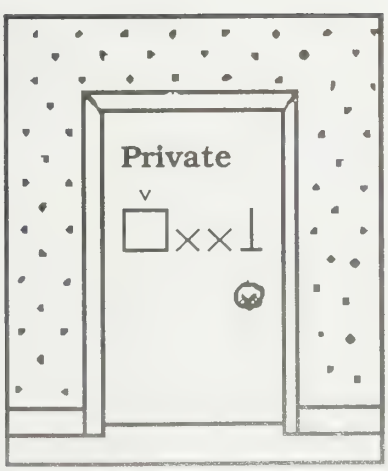
Flaccid Penis

When a **penis** hangs down it is **flaccid** or **soft.** A **penis** is usually **flaccid**. When it is **soft** it can be used for **urinating**.

(A) flaccid penis urinates.

soft penis



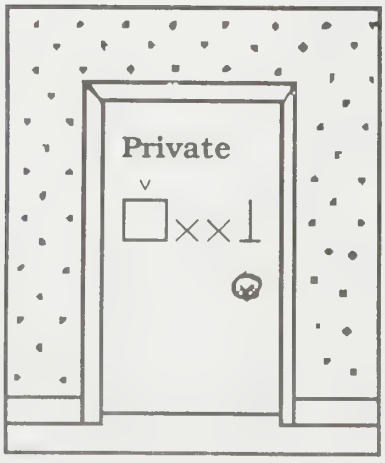


Erect Penis

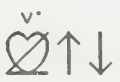
(penis + pictograph of erect penis + pointer)

When a **man** becomes **sexually aroused** his **penis** gets larger. The **penis** fills with blood and becomes **erect**. When the **penis** is like this it can give or receive **sexual pleasure** and **ejaculate**.

(A) man (with an) erect penis (can) give and receive sexual pleasure.



Embarrassed



(combination of uncomfortable *and* upset + description after the fact indicator)

A **man** cannot always control when the **penis** will become **erect**. This can cause **embarrassment,** but it is normal. All **men** are the same.

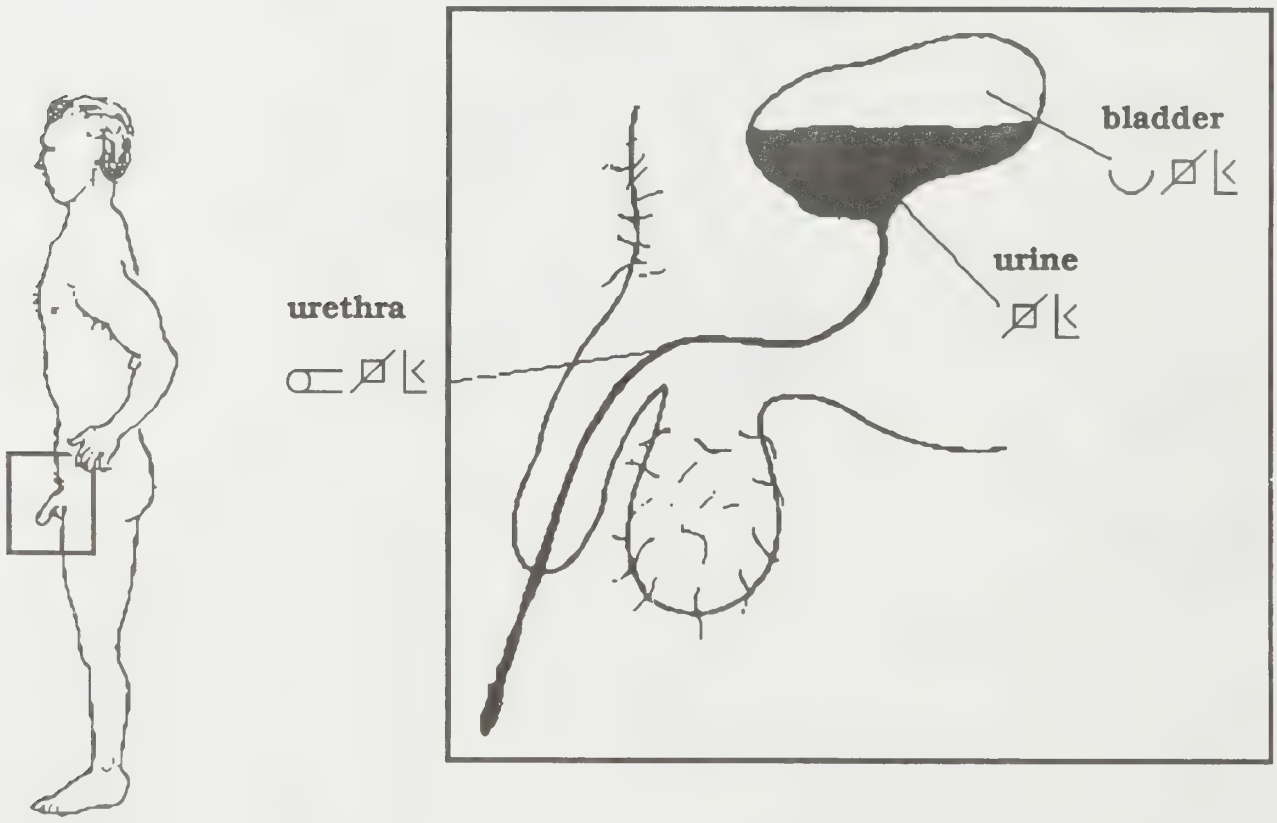
A man cannot always control (an) erection. He may feel embarrassed.

But all men are (the) same.

Flaccid Penis

This is the inside of a **flaccid penis**. The tube that runs through the **penis** from the **bladder** is called the **urethra**. The **bladder** holds the **urine** until it is time to **urinate**. **Urine** flows through the **urethra.**

Urine flows through (the) urethra of (the) penis.

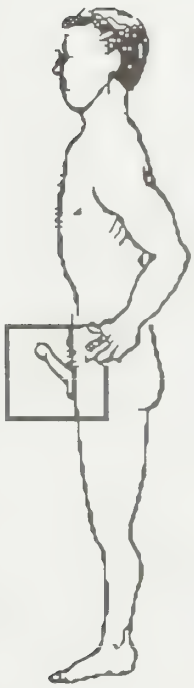


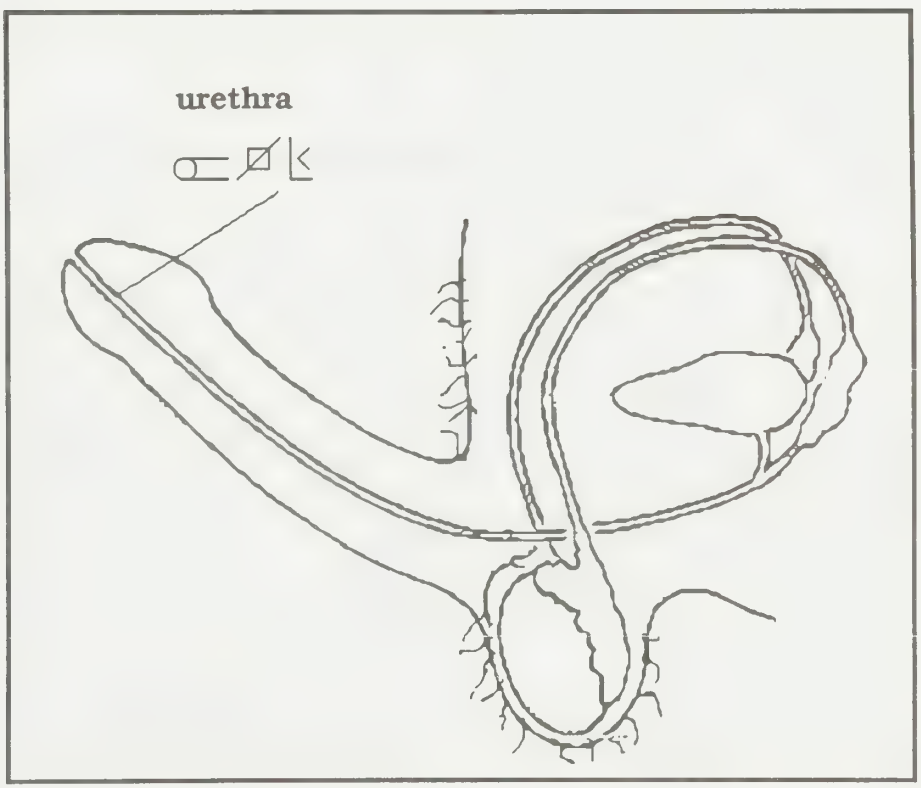
Erect Penis

(standing person with erect penis + pointer)

Semen, a liquid which contains **sperm,** also flows through the **urethra** during **ejaculation** when the **penis** is **erect**.

Semen also flows through (the) urethra during ejaculation when (the) penis is erect.





Semen

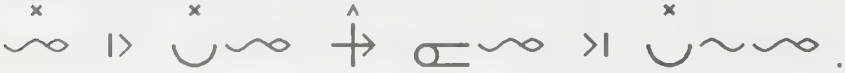
(liquid + sperm)

Urine

(waste + genitals)

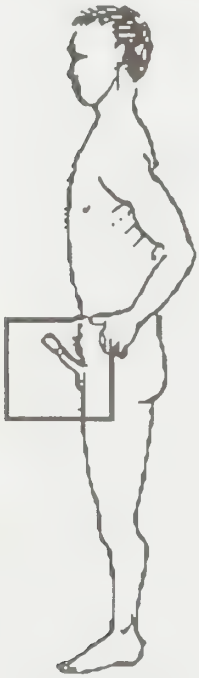
Semen and **urine** come from different places. **Sperm**, which are stored in the **testicles**, move along a tube called the **vas deferens** to the **seminal vesicles**, where they are mixed with a liquid to make **semen**. The **seminal vesicles** are connected to the **urethra**.

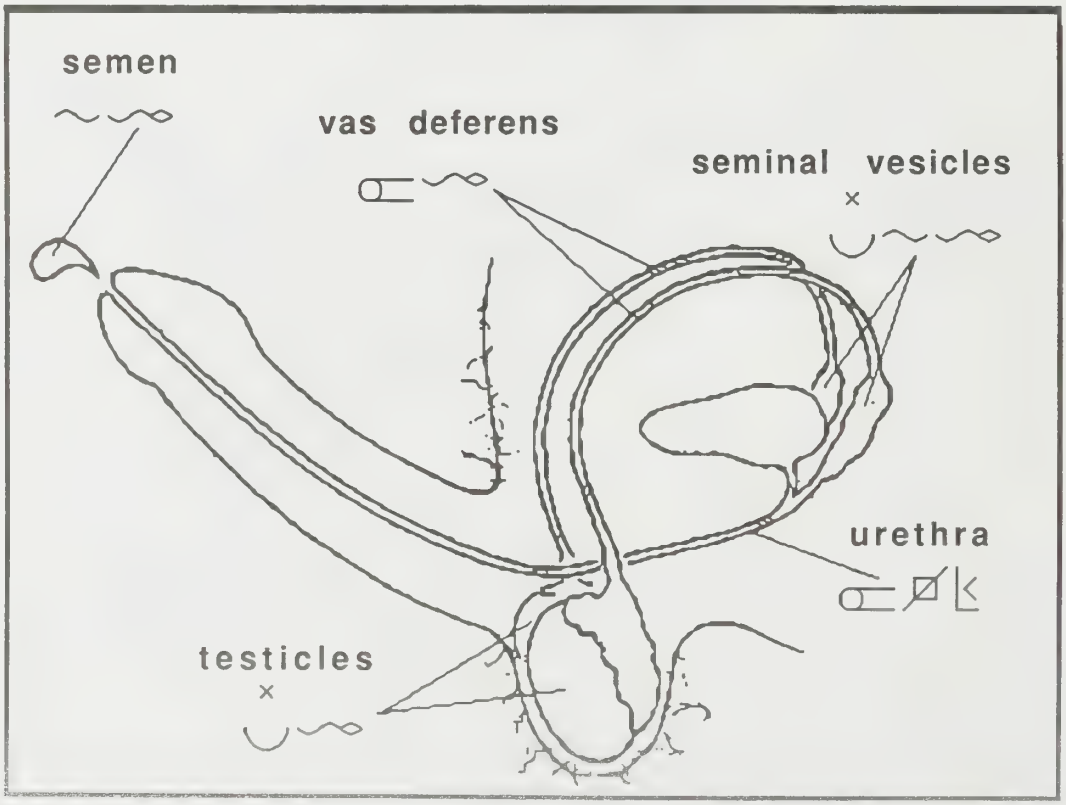
Semen and urine come from different places.



Sperm from (the) testicles move through (the) vas deferens to (the) seminal vesicles.

The seminal vesicles join (the) urethra.



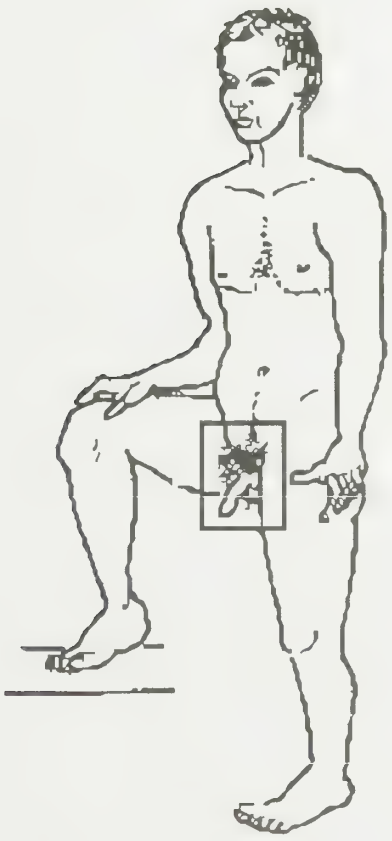


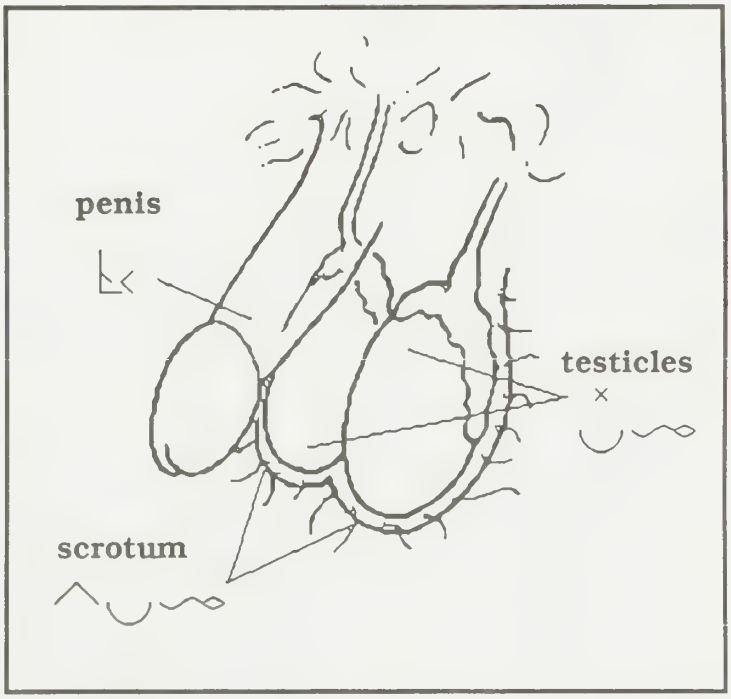
Sperm

(pictograph)

The **testicles** are the part of the **body** that is behind the **penis.** **Testicles** contain **sperm**. A **man** has two **testicles** and they are inside the **scrotum**.

(A) man has two testicles behind (the) penis. Testicles are inside (the) scrotum.





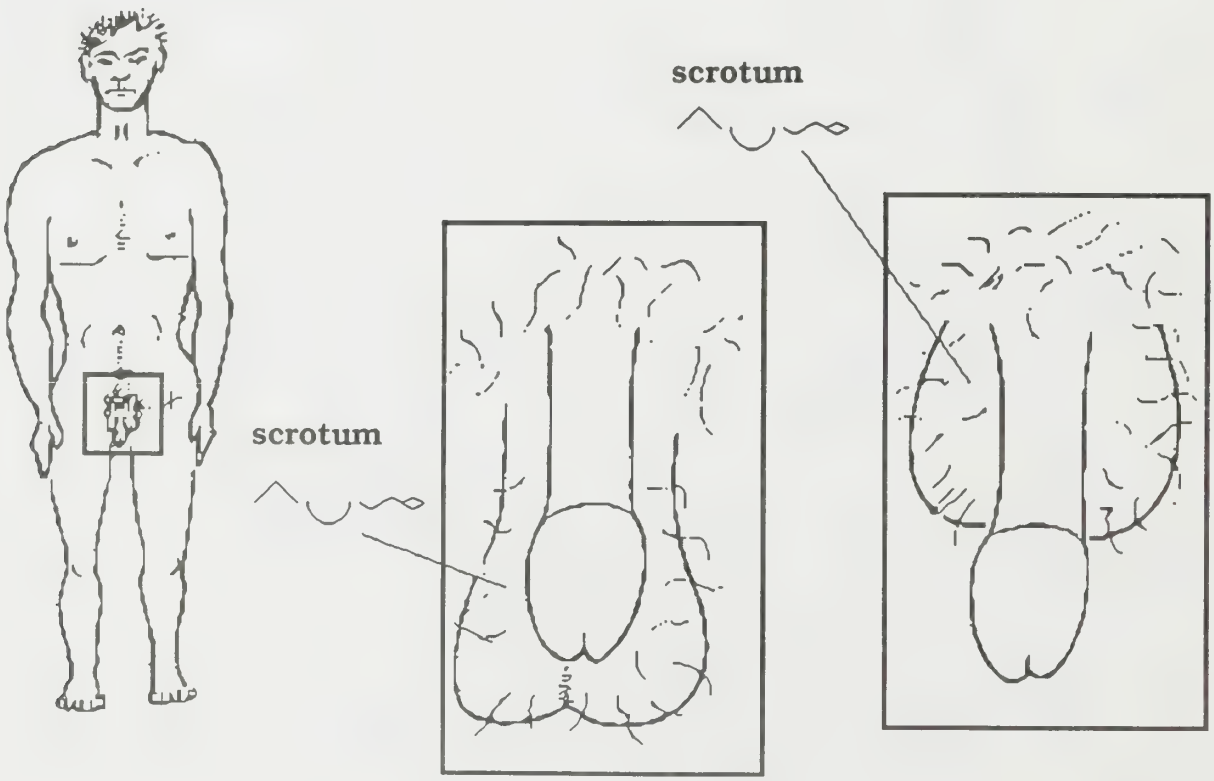
Scrotum

(protection + testicle)

The **scrotum** protects the **testicles.** Heat and cold cause changes. When it is hot the **scrotum** relaxes. When it is cold it draws up as it does when a **man** feels frightened.

While (a) man is feeling hot, (the) scrotum lowers.

While he is feeling cold or frightened, (the) scrotum raises.

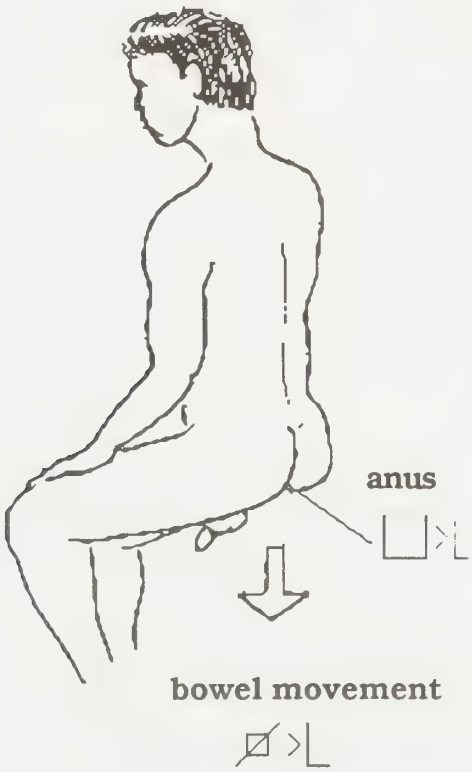


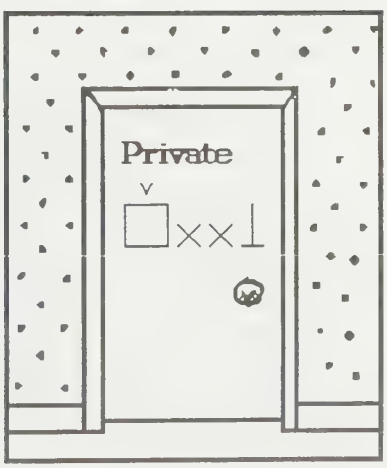
Anus

(opening + buttocks)

The **body** opening behind the **scrotum** is the **anus**. This is where the **bowel movement** comes out of the **body**.

(A) bowel movement comes out of (the) anus.



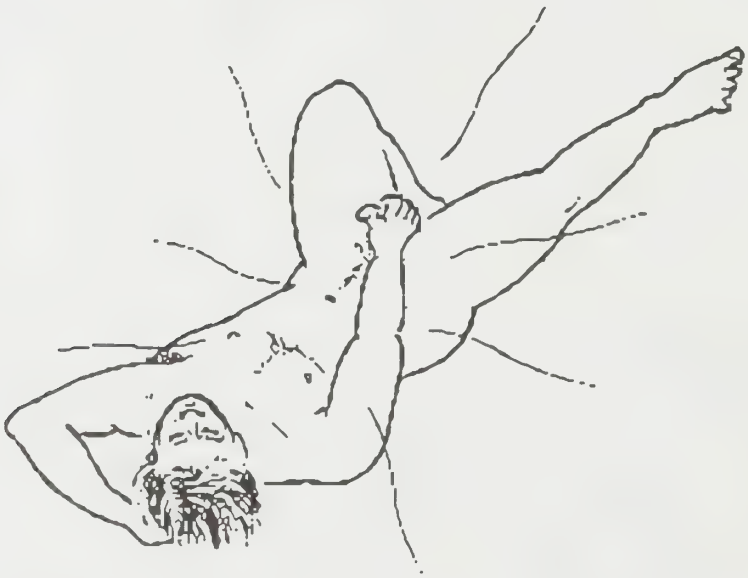


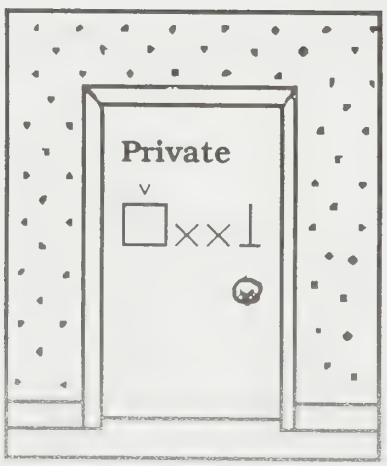
Orgasm

(excitement + genitals)

Being able **to ejaculate** is one of the changes that happens during **puberty**. **Ejaculation** happens when a **man** has an **orgasm**. An **orgasm** is a very intense feeling of pleasure throughout the **man's** whole **body**.

(A) man ejaculates when he has (an) orgasm.





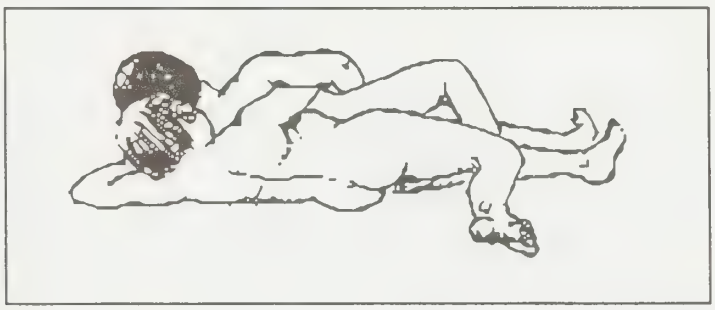
Ejaculation

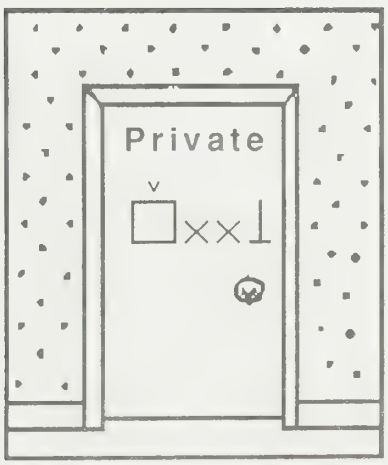
(erect penis + sperm + intensity)

Ejaculation is when **semen** leaves the **penis**. Usually this happens when a **man** rubs his **erect penis** inside another **person** during **sexual intercourse** or in his hand during **masturbation**.

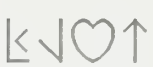
(A) man has (an) orgasm during sexual intercourse or masturbation.

sexual intercourse





masturbation

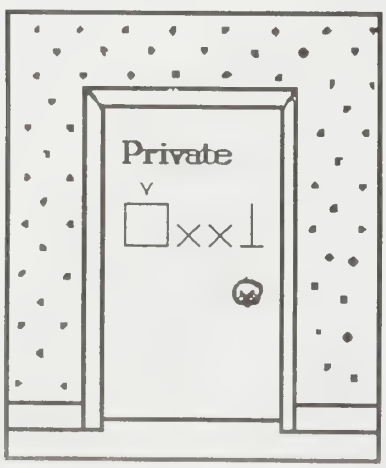


Masturbation

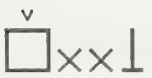
(genitals + to touch + pleasure)

If a **man touches** his own **penis** it may become **erect**. Rubbing or fondling the **penis** is called **masturbation**, and it feels really good. When the **penis** is excited a **man** will **feel** pleasure throughout his whole **body**. Before **puberty** he will not **ejaculate** during **masturbation**. After **puberty semen** will come out of the **penis**. This is normal.

After puberty (a) teenage boy ejaculates.



Private

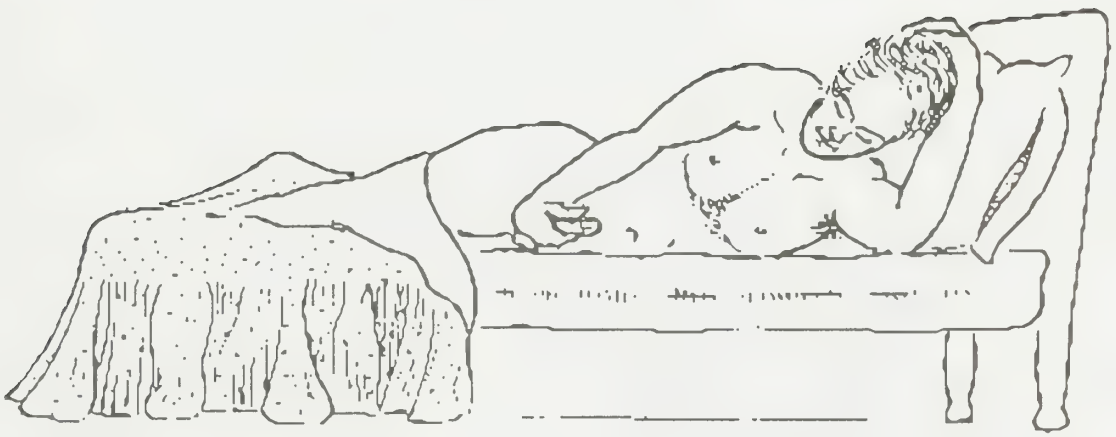


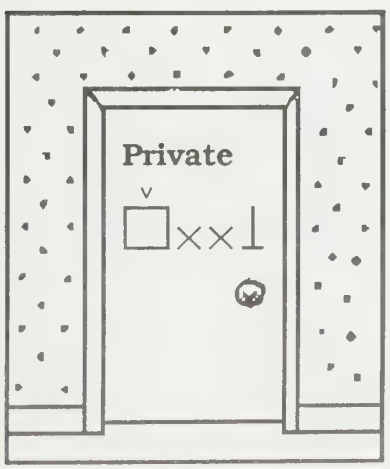
(to close + public + description indicator)

Masturbation is normal. **Masturbation** is a very **private** act and takes place in **private**.

Most men masturbate.

Important - masturbation is private.



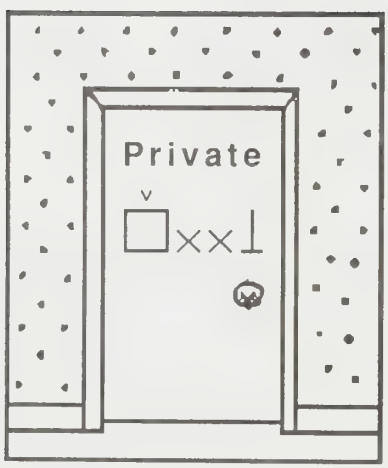


Wet Dream

(ejaculation + to sleep)

Sometimes a **man ejaculates** at night when he is asleep. This is called a **wet dream**. This is normal. It happens when the **man** dreams **sexually** exciting dreams.

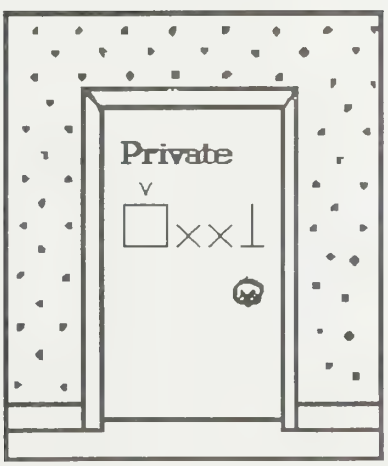
(A) man may have (a) wet dream during (a) sexually exciting dream.



(To) Remove Semen

If a **man masturbates**, it is **important** that he clean up the **semen**. He can use a piece of toilet paper or tissue. He must remember to throw the paper out or flush it down the toilet.

Important - remove (the) semen with toilet paper.

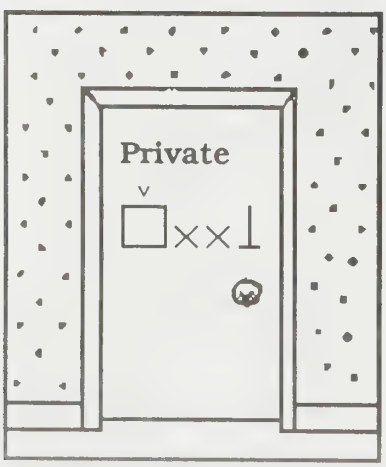


Sexual Intercourse

(to combine + genitals)

Putting the **penis** inside another **person** is called **sexual intercourse** or **having sex.** This is a **private** act and needs to happen in a **private** place.

Important - sexual intercourse is private.



Both

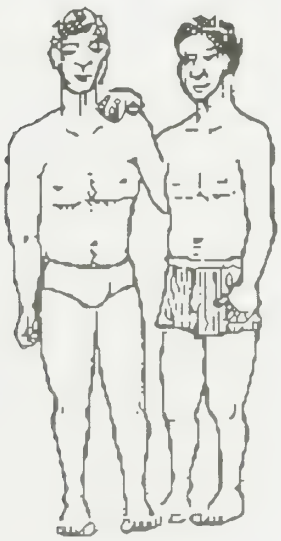
(2 + all)

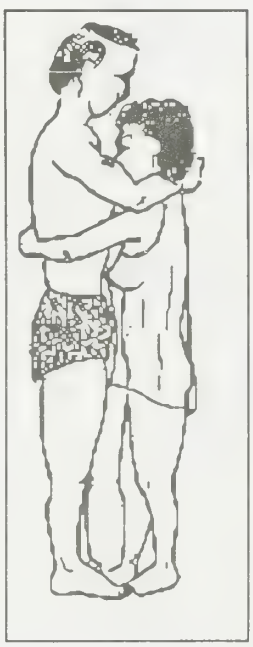
People

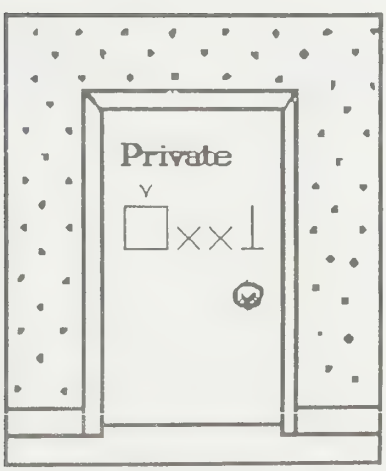
(person + plural indicator)

Sexual intercourse is meant to give pleasure to another **person** as well as to receive pleasure. This means both **people** have to agree.

Important - both people must say yes before having sexual intercourse.







Pregnancy

(conception + woman)

Since **sexual intercourse** may result in **pregnancy**, a **couple** must act responsibly and consider using a method of **birth control** before deciding to take this **important** step.

Because sexual intercourse can cause pregnancy,

(a) couple may choose to use (a) method of birth control.

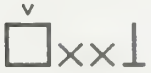
Private

(to close + public + description indicator)

Understanding being **male** or **female** is only the beginning of understanding **sexuality**. Many things about **sexuality** are **private**. This means that it is not talked about in **public** places.

Important - talk about sexuality privately not publicly.

private

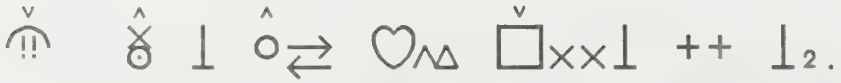


public

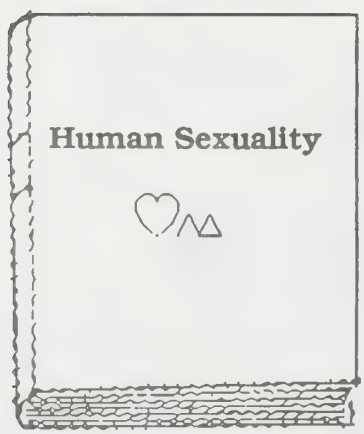
(To) Discuss

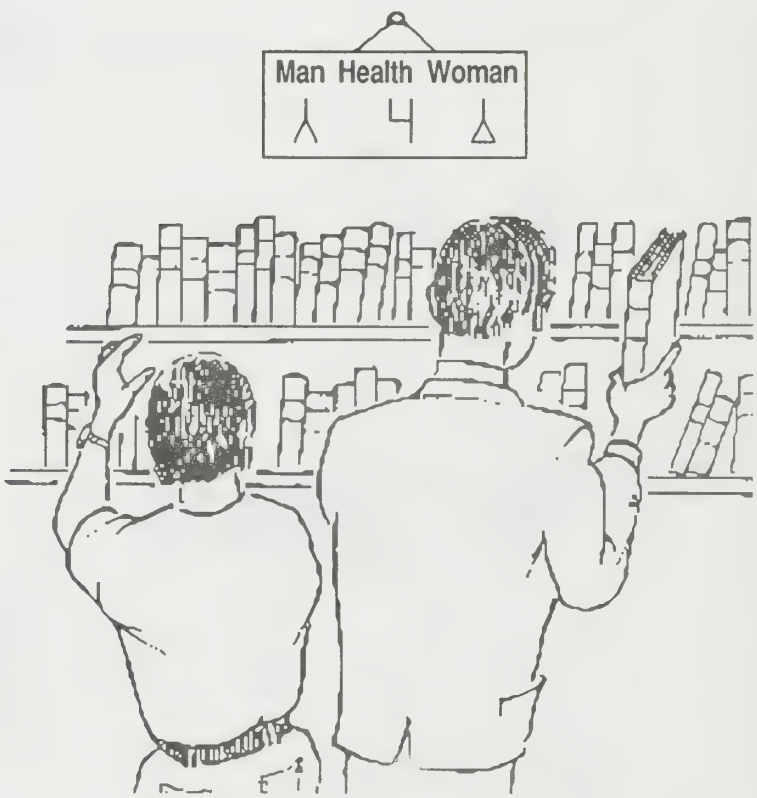
(to speak + back and forth + action indicator)

It is **important** to know one or two **people** with whom you can have a **private** discussion about **sexuality**. That **person** may be a parent, a close relative, a friend or a counsellor. It is your right to choose this **person**!



Important - choose (a) person to discuss sexuality privately with you.





(To) Choose

(choice + action indicator)

If someone gets angry, upset or embarrassed, it is not because you are bad or dirty. Some **people** do not want to talk about **sex**.

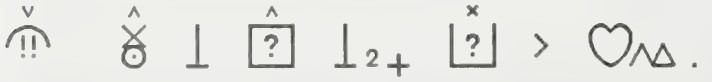
Important - everyone cannot discuss sexuality.

Important - choose (a) person who can.

Questions

(question mark + open + plural indicator)

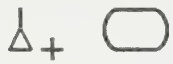
It is your right to know about your **body**. If you have **questions** find someone to answer them. You may want to ask the **person** who gave you this book.



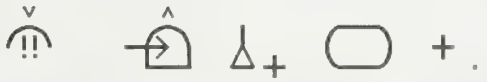
Important - choose (a) person to answer your questions about sexuality.

You may want to ask (the) person who gave you this book..

(A) Woman's Body



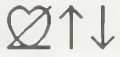
It is **important** also to understand how a **woman's body** works. Ask for the book about a **woman's body**. Once you have read this, ask for the other books on different subjects relating to **sexuality**. Enjoy reading and learning.

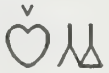
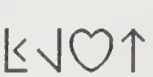


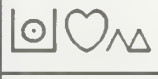
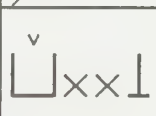
Important - understand (a) woman's body too.

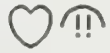
Important - enjoy reading (the) other books about sexuality.

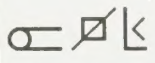
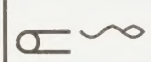
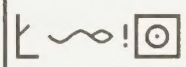
Glossary of Key Words and Blissymbols

anus		(opening + buttocks)	
arm		(pictograph: the symbol suggests an arm bent upward)	
bladder		(container + urine)	
body		(pictograph: the symbol suggests the trunk of the body, without head and limbs. The symbol may be used for body in a general sense.)	
bowel movement		(waste + buttocks)	
boy		(combination of child *and* male)	
breasts		(body + two pointers, to breasts)	
choice		(combination of eye *and* to divide [half-sized] *and* many: the eye makes a choice among many things)	
circumcision		(to remove + foreskin)	
deodorant		(chemical product + against + odour)	
ejaculation		(erect penis + sperm + intensity)	
embarrassment		(combination of uncomfortable *and* upset)	
erect penis	see erection		
erection	erect penis	(standing person with erect penis + pointer)	
feel (to)		(feeling + action indicator)	

feeling	sensation	(symbol is the familiar heart shape: traditionally one's feelings are supposed to come from the heart, also used to represent sensation)	
flaccid	soft	(to touch + pictograph of the impression made by a thumb when it is pressed into something soft + description indicator)	
foreskin		(protection + penis)	
gender	sex	(male + female: having either a male or female gender)	
genitals	sex organs private parts	(standing person + pointer, to genital area)	
genitals (male)	private parts (male)	(genitals + male)	
heterosexual		(heterosexuality + description indicator)	
important		(mind + two intensity symbols + description indicator: of intense interest)	
intercourse	see sexual intercourse		
length		(horizontal line bounded by two reference lines [half-sized]: the horizontal line extends full length within the symbol square)	
male		(man + description indicator)	
male	see man		
man	male	(combination of person *and* male. The symbol can also be seen as a pictograph, a stick figure of a man wearing trousers with his legs apart.)	
masturbation		(genitals + to touch + pleasure)	
nipples		(part of + breasts)	

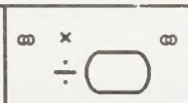
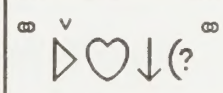
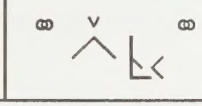
penis		(standing person + pictograph of penis + pointer)	
people		(person + plural indicator)	
permit (to)		mind + through + action indicator: symbol represents a thought that is allowed to pass through a mental barrier)	
person		(the symbol suggests a human being standing, with feet turned out)	
perspiration	sweat	(liquid + skin)	
pregnancy		(conception + woman)	
private		(to close + public + description indicator)	
private parts	see genitals		
private parts (male)	see genitals (male)		
puberty		(awake + sexuality)	
pubic hair		(hair + body + pointer, to hair)	
public		(open + public + description indicator)	
put on (to)		(place + action indicator)	
question		(question mark + open: the question is open-ended)	
remove (to)		(subtraction + action indicator)	
scrotum		(protection + testicle)	

semen		(liquid + sperm)	
seminal vesicle		(container + semen: pouch in which semen is produced)	
sex	see gender		
sex organs	see genitals		
sexual	sexually	(sex + description indicator)	
sexual arousal		(excitement + sexual)	
sexual intercourse	intercourse	(to combine + genitals)	
sexual pleasure		(pleasure + sexual)	
sexuality		(feeling + gender)	
sexually	see sexual		
shirt		(clothing + chest)	
soft	see flaccid		
special		(feeling + important + description indicator)	
sperm		(pictograph)	
sweat	see perspiration		
teenager		(combination of child *and* adult: a person between childhood and adulthood)	
testicle		(container + sperm)	
touch (to)		(hand + action indicator)	

urethra		(tube + urine)	
urinate (to)		(urine + action indicator)	
urine		(waste + genitals)	
vas deferens		(tube + sperm)	
wash (to)		(container + water + action indicator)	
wet dream		(ejaculation + to sleep)	
woman		(a combination of person *and* female. The symbol can also be seen as a pictograph, a stick figure of a woman wearing a skirt.) also female	

Combined Symbol Glossary

The following symbols are normally enclosed within combine indicators to show that they are not part of the Standard Blissymbol Vocabulary. Combine indicators were omitted within Blissymbol translations or summaries for esthetic reasons and to save space.

body parts		(part of + body + plural indicator)	
scary		(to cause + to fear + description indicator)	
uncircumcised penis		(protection + penis + description indicator)	

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